

YAFFA

STRONG & FIT

Imperial Park Recreation Center
234 Matlage Way



A total body workout that will increase muscle strength and endurance by using light weights and more repetitions.

Monday 6:45 p.m.-7:45 p.m.

Tuesdays 11:15 a.m.-12:15 p.m.

Thursday 8:30 a.m.-9:30 a.m.



\$25/month for 1 class/week

\$40/month for 2 classes/week

\$50/month for 3 classes/week

Facility usage card required.

